



From the Kitchen of Susan Wagener

### **Roasted Vegetables**

You can use any vegetables you like for this recipe.

1 head of cauliflower  
1 red pepper  
1 medium onion  
1 package of low sodium Onion Soup Mix (Optional)  
1/4 Cup Olive oil

Pre-heat oven to 425 degrees. Use the convection setting on your oven if you have one.

Cut a piece of parchment paper to fit a large cookie sheet.

Cut up vegetables into bite size pieces.

Put in 1 gallon zip lock bag

Pour in Olive Oil and Onion Soup Mix.

Close bag. Shake and massage the vegetables until all are well coated.

Pour out onto parchment paper lined cookie sheet.

Place in middle of oven.

Roast for 20 to 40 minutes. This will depend on your oven.